

Bellini Intelli Kitchen Master

Recipe Booklet

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Getting Started With Your Bellini Intelli Kitchen Master

The following are basic starter instructions designed to get you started using your Bellini Intelli Kitchen Master. You will find the Intelli versatile, practical, fast, and time saving and once you are familiar with it quite simple to use. Don't be afraid to experiment and put your own twist and original flavors on the recommended recipesthere is no limit with the Bellini Intelli Kitchen Master!

Tasks	Speed,Time&Temperature
Beating Eggs - 4-8 eggs, room temperature	Mixing Tool Speed 3, 4 minutes approx
Boiling Water 500ml Potatoes 750g, cubed (1.5ltr water)	Cooking Basket Speed 1, 5 minutes, temperature 100°C Speed 1,15 -20 minutes, temperature 100°C
Butter Softening Cut into cubes	Reverse mode Speed 3, 40 seconds, temperature 50°C
Cakes 600g maximum total ingredients	Knead mode
Chopping, Grinding, Grating Bread crumbs Carrot, celery etc. Cheese – cheddar (maximum 200g) Grains or spices Nuts - grinding Onion, garlic, chili Sugar to icing sugar	 Speed 6, 10 seconds Speed 5, 5 seconds Speed 6, 5-10 seconds Speed 9, 15 seconds – 90 seconds depending on fineness required Speed 8, 10-15 seconds Speed 5, 5 seconds Speed 8, 20 seconds, repeat until powdered
Crushing Ice, max 400g (using small blocks or cubes)	Speed 5, 20 seconds, increasing speed to 7 or 9
Kneading Dough - maximum 600g flour	Knead mode

Warning: Do not using the Mixing Tool for Kneading.

Mincing

Chicken 250g (4-5cm chunks)

Red Meats 250g (4-5cm chunks)

Speed 5, 6 seconds

Speed 6, 6 seconds approximately

For a more coarse mince, use the Pulse function 4-5 times

Rice

400g rice (1ltr water)

Cooking Basket

Speed 1 Speed 1 at Reverse mode,
25 minutes, temperature 100°C

Sautéing

Onion, meats

Reverse mode

Speed 1, 2 minutes approximately at 100°C

Steaming

Vegetables

Fish/Chicken

Steam Attachment + 600ml Water

Speed 1 at Reverse mode, 100°C until
cooked to requirement

Speed 1 at Reverse mode, 100°C until
cooked to requirements

Whipping

Thickened cream – 600mls

Mixing Tool

Speed 10, 10 seconds, scrape down,
speed 6, 6 seconds

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Beetroot Hummus Dip

Makes 2 cups

Whip up this delicious healthy dip in seconds! Serve with warmed Turkish bread, crackers and/or carrot and celery sticks.

2 garlic cloves, peeled and halved
 450g can baby beets, drained
 400g can chickpeas, drained and rinsed
 2 tablespoons lemon juice
 2 tablespoons tahini*
 2 tablespoons olive oil
 Salt and ground black pepper

1. Insert Blade into Bowl. Add garlic. Chop on Speed 6 for 5 seconds.
2. Add beetroot, chickpeas, lemon juice, tahini and oil. Season with salt and pepper. Mix on Speed 7 for 15 seconds. Spoon into a serving bowl and serve. Or chill in an airtight container in the fridge, and use within 5 days.

*Tahini is a creamy Middle Eastern paste made from ground sesame seeds. It's available from supermarkets and health food shops.

Mint Falafels

Makes 15

1 tablespoon olive oil
 1 small brown onion – chunky chop
 2 cloves garlic – peeled
 1 tablespoon cumin
 1 tablespoon coriander
 1/4 teaspoon turmeric
 550g chickpeas – drained weight
 2 slices grainy bread (or sourdough) you can also use gluten free bread
 1/2 teaspoon baking powder
 1/4 cup flat leaved parsley
 20 mint leaves
 freshly ground black pepper (approx 1/4 teaspoon) & salt.

1. Insert Blade into Bowl, add onion, garlic – speed 5 for 5 seconds.
2. Scrape down, add cumin, coriander, turmeric – cook Speed 1 at Reverse mode, 100°C for 2 minutes.
3. Add – bread (torn into pieces) – Speed 6 for 8 seconds.
4. Add - chickpeas, mint and parsley – Speed 4 for 15 seconds.
5. Scrape down – Speed 5 for 5 seconds.

Shape into small balls (approx 1 tablespoon of mix) refrigerate 1 hour, shallow fry in hot vegetable oil.

Tahini

Serves 4

500g sesame seeds

1/2cup rice bran oil – if you want a thinner mix – add another 1/4 cup

1. Insert Blade into the Bowl. Add sesame seeds speed 10 for 20 seconds.
2. Scrape down. Add 1/4 cup oil, speed 10 for 20 seconds.
3. Scrape down. Add remainder of oil, speed 10 for 10 seconds.

Store in the fridge, in a covered container for up to a month.

You can use Tahini to make Hummus or add garlic or other herbs and spices and use it straight.

Tomato & White Bean Dip

Makes 1 & 1/4 cups

This dip is great served with grissini or carrot and celery sticks

1 garlic clove, peeled

80g semi-dried tomatoes, drained

1 tablespoon olive oil

400g cannellini beans, drained and rinsed

2 tablespoons lemon juice

1 tablespoon extra virgin olive oil + 1 teaspoon to serve

Salt and ground black pepper

1. Insert Blade into Bowl. Add garlic and tomatoes. Chop on Speed 5 for 10 seconds. Add olive oil. Cook, with Measuring Cup ON, Speed 1 at Reverse mode at 80°C for 1 minute.
2. Add drained beans, lemon juice, extra virgin olive oil and season well with salt and pepper. Blend on Speed 7 for 10 seconds, scrape down Bowl and blend on Speed 7 for a further 5 seconds. Spoon into a serving bowl, drizzle with remaining 1 teaspoon extra virgin olive oil and serve.

Spreadable Butter

250g Pure butter – softened

1/2 cup Extra virgin olive oil

1. Insert Blade into the Bowl. Chop butter into Bowl, add oil. Speed 4, for 8 seconds.
2. Scrape down. Speed 8, 10 seconds.

Store in fridge, mix will stay spreadable.

To make flavored butter, follow step 1 and 2 – then add roughly chopped garlic and parsley, speed 6, for 6 seconds.

Apple & Cinnamon Jam/Jelly (Customer Recipe Contribution)

750g apples, peeled & cored
750g white sugar
1 sachet jamsetta (50g)
2 cinnamon sticks

1. Insert Blade into the Bowl, add apples & pulse 4 times. Then blend into a puree on speed 8 for 30 seconds or until smooth.
2. Add combined sugar & jamsetta to the apples, and then add the cinnamon sticks.
3. Cook on speed 2 at Reverse mode, at 100°C for 25 minutes, then test. If it doesn't wrinkle after putting a teaspoon on an ice cold plate, repeat the above process for 5 minutes.
4. Allow to cool slightly, skim any settled ingredients from the mixture, remove cinnamon sticks & pour into hot, sterilised jars.

Lovely with English Muffins.



Butter (Customer Recipe Contribution)

600g cream
500ml cold water
Tablespoon sunflower oil
Pinch of salt

1. Insert Blade into Bowl with Mixing Tool. Add cream. Speed 3 at Reverse mode for around 7 minutes.
2. Remove the Bowl and strain the "butter" through the straining Bowl. You can choose to keep the buttermilk for later use in cakes or biscuits.
3. Put "butter" back into the Bowl, add the cold water, mix at speed 3 at Reverse mode for around 35 seconds.
4. Strain it again to remove the buttermilk. Place the "butter" back into the Bowl, add sunflower oil & salt.
5. Remove the Mixing Tool. Blend at speed 3 at Reverse mode for around 30 seconds.

Capsicum & Sundried Tomato Chunky Dip (Customer Recipe Contribution)

This dip is fantastic as is and can also be used as a sandwich spread, as a bruchetta topping or even as a base for various salads

40g Parmesan Cheese (cut into 1-2cm cubes)
 2 cloves of Garlic
 120g Sundried (or semi-dried) Tomatoes
 1 large Capsicum, deseeded and cut (approximately) into eights
 120g Roasted Cashews (can be substituted by Almonds or Pine Nuts)
 2 tablespoon Plain (white) or Cider Vinegar
 2 tablespoon olive oil (can use the oil sundried tomatoes come in)

1. Place the Blade into the Bowl (make sure Measuring Cup is inserted into the lid).
2. Place parmesan and garlic into Bowl and mill for 9-10 seconds on speed 9.
3. Scrape any parmesan/garlic that may have stuck to bowl edges and add all remaining ingredients.
4. Press Pulse button 2-3 times until everything has been blended roughly.
5. This dip will easily keep in the fridge for at least a week (in an airtight container) and if you desire a 'creamier' consistency you can add more olive oil.
6. Also, you can make this dip more fragrant and/or spicy by adding either of these 'optional extras' to the 1st step (ie with parmesan and garlic): - lemon rind - 1 small seeded chilli.
7. Another variation to this dip is to substitute parmesan cheese and nuts almonds with the same quantity of either Australian feta or Danish feta cheese and a teaspoon of your favourite mustard.

Kiwi Fruit & Banana Jam (Customer Recipe Contribution)

350g kiwi
 150g banana
 1 teaspoon lemon juice
 250g sugar
 1 teaspoon AGAR-AGAR (this is the setting agent from health food shops and contains no nasties).

1. Chop fruit including lemon juice 7 seconds at speed 4. Add sugar and agar-agar cook for 8 minutes at 100°C, at speed 2.
2. Pour into hot rinsed jars and close immediately.

Pear Jam

(Customer Recipe Contribution)

750g peeled, chopped, ripe pears (make sure this is the weight after peeling and chopping, the cores weigh more than you think)

750g white sugar

50g sachet of jamsetta or similar

1. Place a small plate in the freezer in order to test your jam.
2. Place pears in the Bowl with Blade and "pulse" 4 times. Then blend until smooth on speed 7 for 15 seconds.
3. Add sugar and jamsetta.
4. Mix on speed 1 at Reverse mode, at 100°C for 25 minutes with the Measuring Cup Lid OFF.
5. You will notice some product settling on the top during cooking, this is nothing to be concerned about, I just stirred it back through at the end.
6. Grab your plate out of the freezer, drop a teaspoon of the jam onto the plate and pop it back in the freezer for a couple of minutes. When getting it back out, scrape the edges of the jam with your little finger, if it wrinkles, it's done. If not, cook a little longer, 5 minutes, 100°C, speed 1 at Reverse mode and retest, it should be fine by this stage, but you may need to repeat the process.
7. Allow to cool slightly and then pour into hot, sterilised jars.
8. Pear jam is perfect for those sensitive to food additives. It is the fruit with the LEAST amount of natural acids that tend to cause issues; behavioural or otherwise, it is also the fruit LEAST likely to cause an allergic reaction.



Tomato, Spinach & Cashew Dip (approximately 1&1/2 cups) (Customer Recipe Contribution)

1 cup sundried tomatoes
1 cup salted or unsalted cashews
3 spinach leaves (minus the stalks)
1 clove garlic
pepper
olive oil
white vinegar

1. Place garlic, nuts & tomatoes in the Bowl. Process at speed 5 for 6 seconds.
2. Add spinach. Process at speed 4 for 6 seconds.
3. Scrape down sides of bowl and add a splash of olive oil, white vinegar & some ground pepper. Pulse on speed 4 a second at a time (keep an eye on it here so it doesn't become mush).



Garlic & Herb Dip (Customer Recipe Contribution)

Small bunch of parsley
1 small clove garlic cut in half
2 spring onions, roughly chopped
250g cream cheese

1. Place parsley, garlic & spring onions into the Bowl. Chop for 15 seconds on speed 7.
2. Scrape down the sides of the Bowl& add cream cheese. Mix for 20 seconds on speed 5 (or until desired consistency is achieved).



Homemade Peanut Butter (Customer Recipe Contribution)

400g salted peanuts
80ml oil

1. Place peanuts into the Bowl and process for 20 seconds on speed 7.
2. Add oil and continue blending until nuts are pulverised & a smooth paste is achieved.
3. Place peanut butter into a container & store in the fridge.

Strawberry Jam (Customer Recipe Contribution)

500g ripe (almost over ripe) strawberries
500g white sugar
50g (1 sachet jamsetta)
Juice of half a lemon

1. Insert the blade into the Bowl.
2. Put strawberries, sugar, jamsetta & lemon juice in the Blow (in this order).
3. Set the machine on speed 1 at Reverse mode, 100°C for 30 minutes.
4. Pour into HOT, sterilised jars.



Creamy Fruit & Nuts Oats

(Customer Recipe Contribution)

1 handful of dried apricots
 1 handful of mixed dried fruit (raisins, sultanas, mango, etc)
 1 handful of whole almonds (or hazelnuts or walnuts)
 1 heaped tablespoon of coconut
 500ml of Cooking (or microwavable) Oats
 750ml – 1litre water

Optional:

Milk to taste.

Also, obviously you can choose your favourite dried fruits and need not stick to the ones we use.

If the measurements seem unclear or not specific enough please read the COOKING METHOD and you will understand how we have worked these quantities out - as you do not need scales or measuring cups for this one at all.

1. Place the Blade into the Bowl and add the dried fruit (you will know that you have the right quantity when they come up close to the 500ml mark on the side of the bowl - do not go over it) and process by pressing 'PULSE' and holding it down for 3 seconds (literally just hold down the pulse button, count to 3 and then let go of the pulse button).
2. The result will be coarsely chopped/diced fruit.
3. If your household is NOT into dried fruit you can simply process another few seconds and this will completely dice the fruit which will become invisible in the end product (flavour will be there but there will be no 'chewiness' thus kiddies will not have a clue it is there).
4. Add the nuts, coconut and oats to the bowl (you will know the correct quantity of Oats has been added if the mixture is now reaching the 1L mark on the side of the bowl or is going just over it) and process by pressing 'PULSE' and holding it down for 4 seconds - the result will be even finer fruit & oats and coarsely chopped nuts.
5. Again, if you are trying to 'hide the nuts' from fussy kids - just process for 6 seconds (instead of 3) and all will be very fine.
6. Add tap water until you fill the Bowl to just UNDER the 2L mark (please do not overfill the bowl - do not exceed the 2L mark).
7. Place the Measuring Cup into the lid and cook at 100°C, speed 2 for 15 minutes. When the cooking time runs out please do not worry if it seems runny / a tad watery as within a few minutes it will have thickened.
8. As soon as it is done cooking pour out into the serving dish (or into a container where you will store it) and rinse the cooking bowl. Do not let it sit in the bowl for more than 1-2 minutes as it thickens VERY quickly and you will find that wash up is more difficult when it thickens as it just sticks to everything.
9. Wash the Bowl please as it is easiest to wash at this point I fill the bowl at this stage to 1L mark with clean water and a bit of detergent, cover and cook at 100°C speed 3 for 4 minutes to help whatever might be left in it.

10. When done 'cooking', measuring cup in, hold it firmly down with a kitchen towel and press PULSE 3-4 times to wash, then tip out the water and rinse under the tap. Take the Blade out and wash any 'stuck' bits of oats off while still warm and fresh.
11. Please note that you can, once cooked, add a cupful or two of milk to it (if you like your oats runnier and with milk) but since we have started cooking this we have found that we do not need milk - tastes good enough without it.
12. You can also refrigerate these oats for a few days in an airtight container and just reheat in the microwave when you wish to eat.
13. Do not be alarmed that after refrigeration they are very firm - when you heat them up they will loosen (or, again, you can add a little bit of milk to make them runny again).

Chicken Stock Paste

(Customer Recipe Contribution)

300g chicken (legs or thighs)

200g mixed white vegetables cut into pieces (leek, onion, garlic, celery)

4 sprigs of fresh herbs (thyme, rosemary, parsley)

150g coarse sea salt

100g white wine

1 bay leaf

1 clove

5 coriander seeds

1. Mince up 300g of raw chicken 5 seconds at speed 7 – set aside.
2. Chop vegetables & herbs 10 seconds at speed 5.
3. Then add remaining ingredients, take of measuring cup and put on the simmering basket and cook for 25 minutes at speed 2 at Reverse mode, steam setting.
4. Once cooked replace measuring cup and blend for 1 minute, at speed 10, place a tea towel around the Bowl when blending hot mixture.
5. Store in a clean sealed jar will keep for several months.
6. Use 1 teaspoon in 500g of water for chicken stock.

Vegetable Stock Concentrate

(Customer Recipe Contribution)

200g celery, roughly chopped
2 carrots roughly cut
1 onion, peeled and halved
1 tomato, halved
1 zucchini roughly cut
1 clove garlic
1 bay leaf
Few leaves – basil, sage and rosemary
1 bunch parsley
150g Rock salt
1 tablespoon oil

1. Insert Blade - place all vegetables in Bowl and chop for 10 seconds at speed 7.
2. Add salt and oil then cook for 20 minutes at Speed 1 at Reverse mode, Steam setting – cap on loosely – this may splutter over sides, beware that this will be hot
3. Thoroughly mix after cooking for 1 minute at speed 9.

Note: The salt used in this recipe is designed to preserve it. If you reduce the salt the shelf life will reduce accordingly. Using the quantity of salt stated in this recipe it can last up to 3 months stored in a glass jar in the fridge.

Moroccan Carrot & Chickpea Soup

Serves 4

1 medium brown onion, peeled and cut into 1 cm-thick slices
2 garlic cloves, peeled and halved
1 & 1/2 tablespoons olive oil
1 teaspoon ground coriander
1 teaspoon ground cumin
500g carrots, peeled and roughly chopped
3 cups chicken or vegetable stock
400g can chickpeas, drained and rinsed
1/2 cup Greek yoghurt or sour light cream
Salt and ground black pepper
Toasted Turkish bread, to serve

1. Insert Blade into Bowl. Add onion and garlic. Chop on Speed 5 for 5 seconds. Add coriander, cumin and oil. Cook, with Measuring Cup OFF, on Speed 1 at Reverse mode at 100°C for 2 minutes.
2. Add carrots. Chop on Speed 5 for 5 seconds. Cook, with Measuring Cup OFF, on speed 1 at Reverse mode at 100°C for 2 minutes. Add stock. Cook, with Measuring Cup ON, on Speed 1 at Reverse mode at 100°C for 15 minutes. Add chickpeas. Cook on Speed 1 at Reverse mode at 100°C for 5 minutes or until carrots are tender. Remove Measuring Cup, leave to cool for 10 minutes.
3. Add yoghurt or sour cream. Season with salt and pepper to taste. Blend on Speed 5 for 30 seconds or until smooth. Pour soup into serving bowls and serve with toasted Turkish bread.



Vegetable & Bacon Soup

Serves 4

This soup is great sprinkled with grated parmesan cheese and served with crusty bread.

1 medium onion, peeled and roughly chopped
2 garlic cloves, peeled
1 tablespoon olive oil
175g rindless shortcut bacon, diced
2 sticks celery, trimmed and cut into 1cm dice
2 carrots, peeled and cut into 1cm dice
1 medium potato, peeled and cut into 1cm dice
400g can diced tomatoes
3 cups beef stock
1/3 cup flat-leaf parsley, finely chopped
Salt and ground black pepper

1. Insert Blade into Bowl. Add onion and garlic. Chop on Speed 5 for 5 seconds.
2. Scrape down bowl and add oil. Cook on Speed 1 at Reverse mode at 100°C for 2 minutes. Add bacon. Cook on Speed 1 at Reverse mode at 100°C for 2 minutes. Add celery, carrots and potato. Cook on Speed 1 at Reverse mode at 100°C for 3 minutes.
3. Add tomatoes and stock. Cook, with Measuring Cup ON, Speed 1 at Reverse mode at 80°C for 15 minutes. Stir. Cook, with Measuring Cup OFF, on speed 1 at Reverse mode at 70°C for 15-20 minutes until vegetables are tender. Stir in parsley, season with salt and pepper and serve.

Spicy Pumpkin Soup

Serves 4

This is a delicious warming soup. For a less 'heat', only use 1 chilli.

1 medium onion, peeled and roughly chopped
2 garlic cloves, peeled and halved
2 small red bird's eye chillies, halved lengthways and deseeded
2 tablespoons vegetable or peanut oil
600g peeled and chopped butternut pumpkin (about a 750g piece)
2 cups chicken or vegetable stock
1/2 cup light coconut cream
1/3 cup fresh coriander leaves, finely chopped
Salt and ground black pepper

1. Place onion and garlic into the Bowl. Chop on speed 4 for 10 seconds. Scrape down sides of Bowl. Chop on speed 4 for a further 10 seconds. Add oil and chillies. Cook on speed 1 at Reverse mode at 100°C for 2 minutes. Add pumpkin. Cook on speed 1 at Reverse mode at 100°C for 10 minutes.
2. Add stock. Remove the Measuring Cup. Cook on speed 1 at Reverse mode at 100°C for 10 minutes. Stir. Cook on speed 1 at Reverse mode at 100°C for a further 5 minutes or until pumpkin is tender. Remove the Lid, leave to cool for 10 minutes.
3. Add coconut milk. Season with salt and pepper. Fit Lid and Measuring Cup into place. Blend on speed 6 for 30 seconds or until smooth. Stir through coriander. Pour soup into serving bowls and serve. Garnish soup with coriander leaves, if you like.



Vegetable & Coconut Curry Style Soup

(Customer Recipe Contribution)

This is a versatile recipe that can be made hot or mild and also can be used as a Laksa type soup, served over rice or even have fish or meat added to it.

As this is spicy (please note spicy does not mean 'chilli type' hot) to make it milder you can use spices as listed below with a double quantity of coconut cream (or halve the spice quantities).

2 cans (800ml) reduced fat coconut cream
 2 tablespoons of oil
 1 large onion, quartered
 2 small carrots sliced into thin rings (less than 5mm thickness)
 1/2 cup frozen sliced beans
 1/2 cup frozen corn kernels
 2-3cm piece of ginger (peeled and cut into 6-8 pieces) – equivalent to 2 tablespoons
 10 cloves garlic, halved
 1 heaped tablespoon cumin seeds
 1 heaped tablespoon mustard seeds
 1 heaped tablespoon fenugreek seeds
 1 heaped tablespoon coriander seeds
 1 heaped tablespoon of cardamom seeds
 1 tablespoon hot mustard powder
 1 heaped tablespoon vegetable stock powder

Optional ingredients

2 – 4 small chillies (deseed for milder flavour)
 2 medium potatoes diced into approximately 5mm cubes OR
 1/2 cup diced pumpkin (no larger than 1cm cubes) OR
 500gm of diced chicken or fish (3-4cm cubes for fish and less than 2cm cubes for chicken)

Cooking Method

1. Insert Blade into the Bowl, add all dried spices and roast on 100°C, speed 1 for 1 minute and 30 seconds with Measuring Cup OFF.
2. Uncover and allow to cool for 2 minutes, and then blend for 30 seconds on speed 8.
3. Scrape down the sides of the Bowl, add garlic, ginger, onion and if you are using chilli add that too and blend for 30 seconds speed 8. Scrape down sides of the Bowl, add oil and vegetable stock powder and blend on speed 8 further 10 seconds.
4. Scrape down sides of the Bowl and cook for 6 minutes, speed 1 at Reverse mode, 100 °C
5. Add all remaining vegetables, coconut cream and cook for 20 minutes, speed 1 at Reverse mode, 100°C with Measuring cup Inserted (ie insert Measuring cup 'upside down' to avoid rattling as the steam builds up)

Serve hot with freshly cooked rice, Couscous, roti bread or can even be served with any crusty sourdough type bread...

Cauliflower Mash

500g Cauliflower flowerets
1 tablespoon Parmesan grated finely
30g butter
1 litre water
Salt & pepper

1. Insert Blade into Bowl. Plus Cooking Basket.
2. Place cauliflower into the Cooking Basket.
3. Add water. Cook at speed 1 at Reverse mode, at 100°C, for 20 minutes, until well cooked, but not mushy.
4. Lift the Cooking Basket out, drain water, tip cauliflower back into the Bowl.
5. Add butter, select speed 6, for 10 seconds.
6. Scrape down, add parmesan, season with salt and pepper, select speed 6, for 10 seconds.
7. Scrape down and empty into bowl, top with chopped parsley for serving.



Potato Mash

700g Potato – floury potatoes are best for mash such as Desiree, peel & cut into 3cm cubes

30g Butter

100ml Milk

1.5 litre Water

1 tablespoon Cooking salt

Salt & pepper

1. Insert Blade into Bowl. Plus Cooking Basket.
2. Place Potato into Cooking Basket.
3. Add water. Cook at speed 1, at 100°C, for 20 minutes, until well cooked, when the water is boiling add salt through the cap.
4. Lift Cooking Basket out, drain water, tip Potato back into the Bowl.
5. Add butter and milk, heat speed 2 at Reverse mode, at 100°C, for 2 minutes.
6. Scrape down, season with salt and pepper, speed 6, for 10 seconds.
7. Scrape down, speed 6, for 10 seconds .
8. Scrape down and empty into bowl for serving. If you want a more rich potato drizzle with more melted butter for serving.



Beef & Bean Nachos

Serves 4

1 medium onion, peeled and roughly chopped
2 garlic cloves, peeled and halved
2 tablespoons olive oil
500g lean beef mince
1 & 1/2 teaspoons (to taste) chilli powder
1 teaspoon ground coriander
1 tablespoon plain flour
140g tub tomato paste
1/3 cup beef stock
300g can red kidney beans, drained and rinsed
270g packet corn chips
1 cup grated tasty cheese
Guacamole and sour cream, to serve

1. To make beef & bean mixture; Insert Blade into Bowl. Add onion and garlic. Chop on Speed 5 for 5 seconds. Scrape down sides of bowl and drizzle onion mixture with oil. Cook on Speed 1 at Reverse mode at 100°C for 2 minutes.
2. Crumble beef mince into bowl. Cook, with Measuring Cup OFF, at Speed 1 at Reverse mode at 100°C for 5 minutes. Add chilli powder, coriander, flour, tomato paste and stock. Cook, with Measuring Cup OFF, on Speed 1 at Reverse mode at 80°C for 15 minutes. Add beans and season with salt and pepper to taste. Cook on Speed 1 at Reverse mode at 80°C for 5 minutes. Set aside to cool for 10 minutes.
3. Preheat oven to 200°C. Place beef & bean mixture into a greased medium baking dish. Top with corn chips and sprinkle with cheese. Bake for 10-12 minutes or until cheese melts. Serve with guacamole and sour cream.

Beef & Kumara Curry

Serves 4

1 brown onion, peeled and roughly chopped
2 garlic cloves, peeled
2 tablespoons vegetable oil
1/3 cup Rogan Josh curry paste
500g beef chuck steak, trimmed and diced cut into 2-3cm pieces
400ml can diced tomatoes
3/4 cup beef stock
270ml can coconut cream
300g kumara (orange sweet potato), peeled and diced
1/3 cup coriander leaves, roughly chopped
Basmati rice, to serve

1. Insert Blade into Bowl. Add onion and garlic. Chop on speed 5 for 5 seconds.
2. Add oil and curry paste. Cook, with Measuring Cup OFF, on speed 1 at Reverse mode at 100°C for 3 minutes. Add beef. Cook on speed 1 at Reverse mode at 100°C for 4 minutes. Add tomatoes, stock and coconut cream. Cook, with Measuring Cup OFF, on speed 1 at Reverse mode at 100°C for 10 minutes.
3. Preheat oven to 180°C. Transfer mixture to a 10 cups heatproof casserole dish. Cover and cook for 1&1/2 hours until beef is tender. Stir through coriander leaves and serve with basmati rice.

Chicken Pie

Serves 4

2 cups chopped roasted chicken
1 stalk celery – finely chopped
1/2 brown onion – roughly chopped
5 sage leaves – or - 1/2 tea spoon dried sage
2 medium potatoes - cubed
3/4 cup corn kernels – fresh / frozen or canned
3/4 cup baby peas - frozen
1 clove garlic – peeled
3 tablespoons olive oil
1 cup milk
1/2 cup water
1 tablespoon plain flour
1/2 cup grated tasty cheese

1. Insert Blade into Bowl. Add onion, sage (if using fresh) & garlic, at speed 5, for 4 seconds.
2. Add diced carrot, celery, sage (if using dried) and olive oil. Sauté on speed 1 at Reverse mode, for 4 minutes, at 100°C. Scrape down; add flour and season with salt and pepper, cook at speed 1 at Reverse mode, for 2 minutes at 100°C.
3. Scrape down, add milk and water, and cook on speed 1 at Reverse mode, for 3 minutes at 100°C. Add potatoes and corn, cook further 10 minutes (or until potatoes are soft but not mushy, at speed 1 at Reverse mode, for 100°C.
4. Add frozen peas and diced chicken – cool.
5. Line pie dish with Short Crust Pastry, sprinkle with half the cheese, fill with cooled mixture, sprinkle with cheese, top with pastry, bake at 200°C for 20 minutes or until golden brown.



Mince Ragu

Serves 3 – 4

1 onion – cut into chunky pieces
2 cloves of garlic, peeled
4 sticks celery chopped into approx 4 pieces
500g low fat mince
400ml can crushed tomatoes
2 tablespoons tomato paste
1 tablespoon sugar
1 tablespoon dried oregano
1 tablespoon dried basil
1 medium carrot – grated
Salt and pepper to taste

1. Insert Blade, place onion, garlic and celery into the Bowl - speed 5, for 5 seconds, scrape down.
2. Add 1 tablespoon olive oil – sauté at 100°C, Measure Cap OFF, at speed 1 at Reverse mode, for 2 minutes.
3. Add mince (crumble the mince as you add) cook on speed 1 at Reverse mode, at 100°C, for 5 minutes, leave the Measure Cap OFF to allow steam to escape.
4. Add tomato paste – continue cooking at 100°C, at speed 1 at Reverse mode, for 1 minute.
5. Add crushed tomatoes, sugar, dried oregano, dried basil, pepper & salt, continue cooking at speed 1 at Reverse mode, at 80°C for 10mins.
6. Add grated carrots – cook at speed 1 at Reverse mode, at 80°C for 10 minutes.

Serve with rice or spaghetti.



Pasta

200g Spiral (or similar) pasta - maximum
2litre Boiling water

1. Insert Blade & Cooking Basket into the Bowl.
2. Add water, Speed 1 at Reverse mode, 100 °C, 5 minutes to bring back to boil.
3. Add pasta to the Cooking Basket.
4. Speed 1 at Reverse mode, 100 °C, time approximately 8 minutes (or time asked for by the manufacturer, less approximately 2 minutes).
5. After 2 minutes, remove the Measuring Cap and carefully stir pasta to separate.
6. Leave the Measuring Cap off – water will bubble up and over the lid, but not out of the machine.
7. Check pasta is cooked after the manufacturers cooking time – less approximately. 2 minutes. Test for al dente. Lift to drain the Cooking Basket using the Spatula provided.

NOTE: Danger: Ensure machine is well away from edge of bench, keep away from the reach of children.



Beef Goulash

(Customer Recipe Contribution)

2 medium onions, peeled and quartered
 5 cloves of garlic
 3 medium carrots, cut into 3cm wide rings
 1 celery stick cut into 4cm lengths
 1kg beef chuck steak cut into 2-3cm cubes
 4 heaped tablespoons of crushed dry red paprika (can be substituted with regular mild/sweet paprika powder)
 2 heaped teaspoons of smoked paprika powder (if unavailable just use regular paprika powder)
 1 heaped tablespoon of concentrated vegetable stock powder
 1 tablespoon of oil
 Water
 Pepper to taste

Optional:

1 medium deseeded chilli (for a hot goulash)
 1 heaped tablespoon of corn starch dissolved in 1/4 cup of water (if you wish a thick soup)

1. Place the Blade into the Bowl and add all the veggies. Chop them by pressing PULSE 3-4 times for 1 seconds at the time.
2. Scrape down the sides of the Bowl, add oil and sauté for 5 minutes (100°C at speed 1 at Reverse mode) with the Measuring Cup OFF.
3. Add the beef and sauté for 8 minutes (100°C at speed 1 at Reverse mode) with the Measuring Cup OFF.
4. Add all the paprika, vegetable stock powder and pepper and sauté for 2 minutes (100°C at speed 1 at Reverse mode) with the Measuring Cup OFF.
5. Add enough water for the goulash mixture to reach the 2L mark on the side of the bowl and cook for 8 minutes (100°C at speed 1 at Reverse mode) with the Measuring Cup INSERTED.
6. When the time elapses, simmer for further 35 minutes (70°C at speed 1 at Reverse mode) with the Measuring Cup INSERTED.
7. If you wish a thick goulash consistency in the last 4 minutes of cooking add the dissolved corn starch through the opening in the Measuring Cup.
8. When cooked serve hot over your choice of Mashed (or just Crushed) potatoes OR Rice or Pasta or Couscous (for a Gluten Free option you could use Millet or similar pasta or couscous).
9. As this will produce a full 2Litre Bowl with the addition of the potatoes etc you will be producing a very large quantity of food so enough to feed a group of adults (or to simply freeze a full sized meal for another day as it freezes really well).

10. You can also opt to serve with a side of steamed veggies which you would steam in the steamer accessory and would need to start steaming as soon as you add the water to the Bowl as the steaming accessory would be replacing the 'Measuring Cup' in that case).

Beef Stroganoff (Customer Recipe Contribution)

1 onion peeled and halved
 1 garlic clove peeled
 20g butter
 20g oil
 500g diced rump steak
 200g Swiss brown mushrooms sliced
 2 tablespoons tomato paste
 100g red wine
 80g water
 1 tablespoon vegetable stock concentrate
 2-3 tablespoons cornflour
 150g sour cream
 1 tablespoon paprika
 1/4 teaspoon cayenne pepper (optional)
 Fresh chopped parsley to garnish
 Salt & pepper to taste

Marinade for steak (1 hour if possible)

1 teaspoon Dijon mustard
 1 tablespoon lemon juice

1. Cut beef into strips and marinade for 1 hour.
2. Chop onion and garlic (mushrooms too if you have young kids) 2 – 3 PULSES – scrape down the sides.
3. Add oil and butter and sauté at speed 1 at Reverse mode, temperature 100°C, 3 minutes.
4. Add the rest of the ingredients and cook at speed 1 at Reverse mode, temperature 90°C, 25 minutes.

* Serve with mashed potato or pasta.

Chicken Cacciatore

(Customer Recipe Contribution)

1/2 onion, peeled and halved

1 clove garlic

Basil & Parsley to taste

40ml olive oil

700g chicken breast, cut into large chunks – thighs would also work

1440g can diced tomatoes

100ml white wine

1 tablespoons vegetable stock (I used the vegetable concentrate)

1 tablespoons raw sugar

S&P to taste

1/2 red or green capsicum, diced

Handful of chopped mushroom

Handful of black olives

1. Insert Blade – place onion, garlic, basil and parsley to Bowl. At speed 7 for 7 seconds.
2. Add oil and sauté – Speed 1 at Reverse mode for 2 minutes at 90°C.
3. Add chicken – Speed 1 at Reverse mode for 4.5 minutes at 90°C.
4. Add tomatoes, wine, stock, sugar, S&P – Speed 1 at Reverse mode for 30 minutes at 90°C.
5. Halfway through the cooking time add through the hole in the lid - capsicum, mushrooms and olives.
6. Transfer to baking dish and cover with foil to re-heat later so you can then do mashed potato to serve.

Cottage Pie

(Customer Recipe Contribution)

1 onion
1 clove garlic
3 carrots, chopped roughly
2 tablespoons oil
500g beef mince
1 tablespoon vegetable stock powder
400g can sliced champignons
400g can corn kernels
300g water
1 tablespoon tomato paste
1 teaspoon Worcestershire sauce
Mashed potato/sweet potato
1 cup grated tasty cheese

1. Place Blade in the Bowl. Add onion, garlic and carrots. Speed 6 for 5 seconds.
2. Add oil and cook on speed 1 at Reverse mode, for 2 minutes at 100°C.
3. Add Mixing Tool, the mince. Cook on speed 2 at Reverse mode, for 10 minutes at 100°C.
4. Add vegetable stock powder, champignons, corn, water, tomato paste, Worcestershire sauce and cook on speed 1 at Reverse mode, 20 minutes at 100°C.
5. Pour into a casserole dish, top with mashed potato, sweet potato or both, and then top with grated cheese. Cook in a moderate oven until cheese is golden brown.

Felafels (Customer Recipe Contribution)

1/2 onion peeled and quartered
 2 cloves garlic
 400g can of Chick peas, drained
 2 tablespoons fresh parsley
 2 fresh chillies, deseeded (optional)
 2 tablespoons breadcrumbs
 2 tablespoons plain flour
 1 teaspoon ground cumin
 Salt and pepper to taste

1. Pre-heat oven to 180°C.
2. Place onion, garlic, chick peas, parsley, breadcrumbs, flour and cumin into the Bowl.
3. Process using the pulse function 5 times.
4. Add salt, pepper and optional chillies roughly cut and blend for 30 seconds at speed 4.
5. Shape mixture into golf ball size pieces, slightly flattened.
6. Transfer onto a baking tray lined with paper. Brush both sides with oil and bake for 40-45 minutes, turning half way through.

Note: To avoid dry felafels, brush them with oil when turning them half way through cooking.

Savoury Mince With Rice (Customer Recipe Contribution)

500g mince
 1 onion halved
 2 carrots not peeled, cut into 4 pieces
 1 capsicum, deseeded and cut into large strips
 2 tablespoons gravy powder
 4 tablespoons beef stock powder
 1/2 cup rice
 2 cups water

1. Brown mince on stove top.
2. Place Blade into the bowl. Add onion, capsicum and carrot, speed 5 for 25 seconds.
3. Add mince and rice.
4. Speed 1 at Reverse mode, temperature 100°C for 30 minutes.
5. Combine the stock and gravy powders with the water and add.
6. Taste after 20 minutes to see if rice is how you want it, and continue to cook if needed.

Israeli Couscous

(Customer Recipe Contribution)

Can be prepared as a meat or vegetarian dish and can be used as a light main meal or as a side dish to accompany any protein.

Please note that even though Couscous is a type of pasta when cooked in this manner it has a consistency similar to a risotto.

Prep and cooking time = 20 minutes.

1 cup Israeli Couscous
 1 tablespoon extra-virgin olive oil
 2 cups water (or chicken or vegetable stock)
 1 small to medium onion (cut in 8 pieces)
 2 cloves of garlic (halved)
 1 small to medium red capsicum, de-seeded and cut in 8 pieces
 1 tablespoon of vegetable stock powder
 pepper to taste

Optional:

1/4 cup of frozen corn
 1/4 cup of frozen peas
 1/2 cup shredded roasted chicken

1. Capsicum Substitutes (any one of these veg. can be used instead of capsicum).
2. 1 cup of sliced mushrooms (if used they should be added in step 2) or 1/2 cup of pitted whole olives (if used they should be added in step 2) or 1/2 cup semi-dried or sun-dried tomatoes + 1 tablespoon of capers (added in step 1).
3. Place Blade into the Bowl and add onion, garlic and capsicum and blend for 10 seconds, speed 6.
4. Add oil and 'Optional ingredients' and cook at 100°C, speed 1 at Reverse mode for 4 minutes (take Measuring Cup OFF).
5. Add Israeli Couscous and cook for further 2 minutes, at 100°C, speed 1 at Reverse mode (take Measuring Cup OFF)
6. Add vegetable stock powder, water and pepper (insert Measuring Cup into the lid) and cook for 10 minutes, at 100°C, speed 1 at Reverse mode.
7. After cooking is completed leave it to sit in the bowl (covered) for another 3-4 minutes before serving.
8. If desired you can sprinkle over some shaved parmesan or shredded favourite herbs.

Steamed Sweet Chilli Salmon

Serves 4

Timing for steaming fish depends on the thickness of the fillet. Test if fish is cooked through in the thickest part.

1/3 cup sweet chilli sauce

1 tablespoon fish sauce

1/3 cup coriander leaves, chopped

4 x 150g fresh Atlantic salmon fillets

Steamed jasmine rice and leafy green salad, to serve

1. Combine sweet chilli sauce, fish sauce and coriander in a bowl. Place each salmon fillet onto the centre of a 30cm piece non-stick baking paper. Drizzle each evenly with the sweet chilli mixture. Fold over paper and wrap to enclose fish (folded part at the top to juices don't escape). Set aside.
2. Pour 2 cups water into Bowl. Arrange salmon parcels in a single layer on Steamer Accessory and attach onto the Bowl. Cover and steam salmon on Speed 1 at Steam setting for 15 minutes until just cooked through. Serve with steamed jasmine rice and a leafy green salad.



Bacon & Baby Pea Risotto

Serves 4

- 1 onion, peeled and chopped
- 1 garlic clove, peeled and halved
- 1 tablespoon olive oil
- 175g rindless bacon, chopped
- 1 & 1/2 cups arborio rice
- 3 cups chicken stock
- 1 cup frozen baby peas
- 1/2 cup grated parmesan cheese, to serve

1. Insert Blade to the Bowl. Add onion and garlic. Chop at speed 5 for 5 seconds.
2. Add oil and bacon. Cook, with Measuring Cup OFF, on Speed 2 at Reverse mode 100°C for 2 minutes. Add rice and cook on speed 1 at Reverse mode, 100°C for 2 minutes. Add stock and cook on speed 1 at Reverse mode at 100°C for 15 minutes. Add peas and season with salt and pepper. Cook on speed 1 at Reverse mode at 100°C for 1 minute. Spoon into serving bowls. Sprinkle with parmesan cheese and serve.

Jasmine Rice

Makes 4 cups

- 2 cups jasmine rice
- 7 & 1/2 cups water (approx)

1. Rinse rice thoroughly in cold water and drain. Place rice into Cooking Basket. Add water and place Basket into the Bowl. Place basket into bowl. Cook on speed 1 at 100°C for 20 minutes or until water is absorbed and rice is tender.



Brown Rice & Steamed Vegetables

Serves 2

140g brown rice
Water to cover
1 large carrot, julienned
1 bunch broccolini

1. Place rice into Cooking Basket – place basket into the Bowl – pour water in to cover rice by approx 1cm. (add 1 teaspoon of stock powder (chicken or vegetable) to the water for extra flavour) Cook 15 minutes, speed 1, Steam setting.
2. Add carrots to Steamer Accessory, attach onto the Bowl – cook 5 minutes, speed 3, Steam setting.
3. Add broccoli – cook 5 minutes speed 3, Steam setting.

Delicious served tossed together with a little shaved or grated parmesan.

NOTE: Add hard vegetables. eg: beetroot, potatoes, carrot, first and softer more delicate vegetables. Later – that way all vegetables will be cooked together.



Brown Rice & Quinoa Baby Rusks (Customer Recipe Contribution)

(Ideal for babies with allergies; dairy, soy, egg & gluten free)

50g quinoa
125g brown rice
1 banana
3 table spoons of sunflower oil

1. Using blade, place quinoa and brown rice into the Bowl. Select speed 9 for one minute until finely milled.
2. Empty contents into another bowl, place banana in the Bowl (no need to rinse), select speed 4 for 30 seconds. Scrape down the Bowl and repeat.
3. Place the rice and quinoa powder back into the the Bowl with the banana and add the Sunflower oil. Place mixing tool into the the Bowl and mix on speed 3 for one minute.
4. Form mixture into thick log shapes and bake on a lined tray in the oven at 170°C Celsius for 30-40 minutes, until golden and solid.
5. You could also use any type of fruit, eg; a peeled & chopped apple, a peeled & chopped pear, etc. in place of the banana.

Chicken & Mushroom Risotto (Customer Recipe Contribution)

Place in bowl and chop on speed 5 for 3 seconds:

1 clove garlic
1 onion

Scrape down sides, add and sauté for 4 minutes, at 100°C at Speed 1 at Reverse mode
30g olive oil
200g cubed chicken breast

Add and cook for 20 minutes, 100°C, speed 1 at Reverse mode (May need to be cooked longer, check rice to see).

180g sliced fresh mushrooms
350g Arborio rice
1 chicken stock cube
800ml water
200ml white wine

Immediately pour into serving dish and cover for 5 minutes or so, to allow juices to soak in.

Pumpkin & Bacon Risotto

(Customer Recipe Contribution)

350g butternut pumpkin
500g water
40g Parmesan cheese, more if you want a sharper taste
1 onion, chopped
2 cloves garlic, peeled
150g diced bacon, rind removed
375g Arborio rice
1 litre chicken stock
50g olive oil
50g butter

1. Place water into the Bowl, attach cooking basket & add the pumpkin. Cook for 15 minutes, or until tender, on speed 1 at 100°C.
2. Empty into a bowl & set aside for later use & empty the water from the Bowl.
3. Pulse cheese four times, and then grind for 10 seconds on speed 7. Transfer into a bowl for later use.
4. Put onion & garlic into Bowl and chop for 10 seconds on speed 7.
5. Scrape down the Bowl, add oil, bacon and cook for 3 minutes on speed 2 at Reverse mode at 100°C.
6. Add rice and cook for 2 minutes, at speed 2 at Reverse mode, at 100°C.
7. Add stock & pumpkin and cook for 25 minutes at 90°C on speed 2 at Reverse mode.
8. Season with salt and pepper, add parmesan, butter and mix together on speed 2 at Reverse mode for 1 minute.



Banana Loaf

3 bananas
1/4 cup buttermilk
1/4 cup rice bran oil
2 eggs
2/3 cup plain wholemeal flour
2/3 cup plain white flour
2/3 cup brown sugar
1 teaspoon baking soda (flat)
1 & 1/2 teaspoons baking powder

1. Insert Blade into Bowl, roughly chop bananas into bowl, Speed 6 for 6 seconds.
2. Add milk, oil, brown sugar, eggs – Speed 2 at Reverse mode for 8 seconds.
3. Sift over bowl, flours, baking soda, baking powder (shake any husks into bowl). Speed 2 at Reverse mode for 12 seconds, scrape down and around, Speed 2 for 10 seconds.
4. Empty into paper lined medium loaf tin.
5. Bake 180°C 45 minutes – or until skewer comes out clean, leave in tin 5 minutes before turning out onto cooling rack.

Double Chocolate & Walnut Brownie

Makes 12 squares

200g butter (at room temperature), roughly chopped
200g premium dark chocolate, broken into small squares
1/4 cup cocoa
1 & 1/2 cups caster sugar
3 eggs (at room temperature)
1 cup plain flour
3/4 cup chopped walnuts
100g white choc-bits

1. Preheat oven to 170°C (not fan forced). Lightly grease a 20cm x 20cm (base measurement) brownie pan and line with non-stick baking paper, leaving a 2cm overhang on each side.
2. Insert Blade in Bowl. Add butter and chocolate. Melt on speed 1 at Reverse mode at 80°C for 3 minutes or until melted and well combined. Uncover. Cool for 2 minutes.
3. Sift cocoa over chocolate mixture. Add sugar and eggs. Beat, with Measuring Cup OFF, on speed 4 for 3 minutes. Sift flour over chocolate mixture. Add walnuts and choc-bits. Beat on Speed 4 for 30 seconds. Scrape down sides of Bowl. Beat on Speed 3 for a further 30 seconds. Spoon mixture into prepared pan (use a spatula to scrape bowl) and smooth surface. Bake for 35-40 minutes or until a skewer inserted comes out clean. Cool completely in pan. Cut into squares and serve.



Whole Wheat Bread

Makes 780g loaf

2 tablespoons yeast
1 & 1/2 cups warm water
1 teaspoon honey
2 cups plain flour
1 cup whole meal flour
2 teaspoons salt

1. Insert Blade into Bowl.
2. Add yeast, warm water and honey, mix at speed 2 at Reverse mode, for 10 seconds.
3. Let mix stand for 8 minutes.
4. Add plain flour and salt, mix at speed 2 at Reverse mode, for 10 seconds.
5. Add whole meal flour, mix at speed 4 at Reverse mode for 10 seconds.
6. Scrape down; mix at Knead mode (press the Knead button, then press ON/OFF button).
7. Empty into an oiled bowl; bring mixture together kneading gently to shape into ball. Cover and rise for approx 1 hour or when doubled in size.
8. Punch down, place into bread tin, rise again for approx 30 minutes.
9. Bake 190°C approx 20 minutes.

Alternative: To make focaccia shape into flattish shape on baking tray poke holes with fingers, smear with olive oil, sprinkle with salt and rosemary. Bake as above.



Banana Cake With Cream Cheese Icing

(Customer Recipe Contribution)

Preparation time: 10 minutes

Baking time: 50 minutes

300 gram caster sugar (could possibly be reduced as that's a lot)

125g softened butter

250g medium very ripe bananas

1 teaspoon vanilla

2 eggs

225 gram self raising flour

1/2 teaspoon bicarbonate soda

120g milk or buttermilk

Cream cheese icing

90g cream cheese

45g butter softened

210g icing sugar

1 tablespoon lemon juice

1. Preheat oven to 170°C Celsius. Grease and line a 22cm cake tin.
2. Place sugar (mill on speed 7 for 3 seconds if using raw sugar), butter, banana, vanilla and eggs into Bowl on speed 6 for 1 minute. With around 10 seconds to go add milk or buttermilk.
3. Add flour and bicarbonate and mix at Knead mode (press Knead button, then press ON/OFF button).
4. Bake for about 50 - 60 minutes, or until a skewer or knife inserted in the centre of the cake comes out clean.
5. Leave cake to cool on a wire rack. Spread cooled cake with cream cheese icing.
6. Mix cream cheese and butter on speed 4 for 10 seconds. Add icing sugar and lemon juice and mix until smooth.

Carrot Cupcakes

(Customer Recipe Contribution)

4 medium carrots, peeled & chopped
200g sugar
200g plain flour
Pinch salt
2 teaspoon baking powder
Pinch bi-carbonate
2 teaspoons mixed spice
80g sultanas
50 crumbed walnuts
100ml oil
3 eggs
1 teaspoon Vanilla

1. Place carrots into the Bowl with Blade. Chop on speed 6 for 15 seconds.
2. Scrape down bowl. Add to the carrots; flour, sugar, salt, baking powder, bi-carb & mixed spice. Mix on speed 3 at Reverse mode for 1 minute, or until evenly combined.
3. Add sultanas & walnuts; combine at speed 2 at Reverse mode for 10 seconds.
4. Add Mixing Tool & add oil, eggs & vanilla to the mixture. Combine at Speed 2 for 2 and 1/2 minute.
5. Pour into pre-prepared muffin tray & bake in a moderate oven 25-30 minutes. Ice when cooled.

Icing

250g cream cheese
60g butter or margarine
130g icing sugar
1 teaspoon vanilla

1. Place cheese & butter or margarine in the Bowl with Blade at speed 5 for 20 seconds.
2. Add icing sugar & vanilla mix at speed 5 for 15 seconds scrape down sides & finish off for 15 seconds on speed 2.



Coffee Cake (Customer Recipe Contribution)

1 cup white rice flour
 Quarter cup maize meal
 Half cup Buckwheat flour
 1 teaspoon baking powder gluten free
 Half teaspoon Bi Carbonate Soda
 1/4 teaspoon cinnamon
 Half teaspoon Nutmeg
 2 teaspoon Instant coffee
 185g Brown sugar
 1 cup rice bran
 Half cup vegetable oil
 3/4 buttermilk or yoghurt
 3/4 chopped raisins or sultanas
 1 egg beaten lightly

1. Place all ingredients into the bowl. Mix at Knead mode (press Knead button, then press ON/OFF) until all is combined.
2. Pour into fluted ring tin, bake at 180°C for approximately 45 minutes.
(If no ring tin is available place an empty greased tin in the centre of a regular tin and then pour batter in).

Milo Biscuits (Customer Recipe Contribution)

125g butter
 1 cup sugar
 2 cup self raising flour
 1/4 cup Milo or more if you want stronger flavour
 1 egg

1. Cream butter and sugar for 30 seconds at speed 5.
2. Add remaining ingredients, 10 seconds at speed 5.
3. Pulse and check until well combined
4. Roll into balls and place on lined tray
5. Preheat oven to 180°C and cook for 10-15 minutes.

White Bread

(Customer Recipe Contribution)

320g warm water

7g yeast

1 teaspoon sugar

500g plain flour

5g bread improver (This ingredient is not essential, but I have been experimenting with it and have been really happy with the results. The crust turns out softer and the bread keeps a little better)

1/2 teaspoon salt

2 tablespoons olive oil

Extra oil for greasing

1. Put Blade in the Bowl. (Do not use Mixing Tool)
2. Put warm water, sugar and yeast in bowl. Mix 5 seconds, speed 3 at Reverse mode.
3. Let sit for 5-10 minutes until foamy.
4. Put the rest of the ingredients in the Bowl.
5. Press Knead button, then press ON/OFF to start kneading dough.
6. Put a little oil in the bottom of a large bowl and empty dough into the Bowl. I tipped the Bowl upside down and removed the Blade to help get the dough out. Turn the dough over a few times in the bowl to coat with oil and cover the Bowl with a damp tea towel. Place in a warm spot for 45 minutes to double in size.
7. Punch the dough in the Bowl then turn out onto a floured surface. Knead by hand for 1 minute until returns to its original size. Shape into a loaf shape and put into a greased loaf tin. Brush or spray the surface with a little oil and put in a warm spot for 30 minutes to double in size. Preheat oven to 200°C.
8. Cook bread for 25-30 minutes. It will sound hollow when you tap the bottom if it is ready. Turn it out immediately onto a wire rack to cool.
9. This dough is great for bread rolls or pizza too. It will make 2 pizza bases. It can also be frozen before the second prove.



Short Crust Pastry

2 cups plain flour
125g cold butter
5 tablespoons cold water - approx

1. Insert Blade into Bowl. Add flour, cut butter on top. Speed 5 for 10 seconds.
2. Add 2 tablespoons of water, at speed 4, for 10 seconds.
3. Add further 2 tablespoons water, at speed 4, for 10 seconds.
4. Add a further 1 tablespoon water, at speed 4, for 10 seconds.
5. Empty onto glad wrap, bring together, rest for 30 minutes.
6. Roll 2/3rds in a lined greased pie plate, roll remaining 1/3 to fit the top.
7. Bake at 200°C for approximately 20 minutes or until golden and crisp.

Easy Cookies & Cream Ice Cream

Makes: 1.25L

150g plain chocolate biscuits (like Arnott's Choc Ripple)
 600ml carton thickened cream
 200g premium dark chocolate, broken into squares
 395g can sweetened condensed milk

1. Place biscuits into a plastic bag. Using a rolling pin, roughly crush biscuits until evenly crumbled. Set aside.
2. Insert Blade into Bowl. Add cream. Heat on Speed 2 at Reverse mode at 70°C for 2 minutes. Add chocolate. Melt chocolate on Speed 2 at Reverse mode at 60°C for 30 seconds.
3. Add condensed milk. Mix at Speed 1 at Reverse mode for 1 minute. Add crumbled biscuits. Mix at speed 1 at Reverse mode for 30 seconds. Pour mixture into a 1.8 litre airtight plastic container (scrape bowl using a spatula). Cover and freeze overnight until firm. Serve scoops in waffle cones or bowls.

Sorbet

Serves 6

3 tablespoons sugar
 1 lime – juiced
 1/2 orange – juiced
 500g frozen berries – eg: raspberries, or mixed berries

1. Insert Blade into Bowl, put in sugar, lime and orange juice - Speed 3, 80°C for 40 seconds.
2. Add, frozen berries Speed 5, 60 seconds.
3. Then Speed 9, 30 seconds.

Serve immediately (if too soft place in freezer until firm).



Pureed Fruit

500g Ripe seasonal fruit (eg: plums, apricots, peaches, apples, pears). Ensure all stones are removed

100ml water

1/2 cup sugar

1. Insert Blade into Bowl – speed 1, 100°C for 15 minutes (or until soft).
2. Remove Measuring Cup and cool.
3. Blend Speed 7 for 10-15 seconds. Make sure Measuring Cup is ON.

Cool completely and pour into freezer bags, freeze for use when fruits are not in season

Tip: Money saver – great for sauces, cakes, baby food, sorbets



Caster Sugar

1 cup ordinary white or raw sugar (depends if you want golden caster sugar or white caster sugar)

Insert Blade into Bowl, Measuring Cup in place, Speed 7, 15 seconds

Tip: Money saver !

Coffee/Zabaglione Semifreddo (Customer Recipe Contribution)

600 mL cream
100 mL milk
150 g sugar
1 tablespoon marsala wine
1 shot espresso coffee
4 egg yolks, room temp

1. Whip cream with butterfly attachment, speed 3, 4 minutes approx (stiff peaks). Remove from bowl and put aside. No need to clean bowl. Remove butterfly.
2. Add milk, sugar, wine and coffee to bowl. Speed 3, 100°C, 6 minutes. You're looking for a hot, aromatic sugar syrup.
3. During this time, whip the egg yolks in a heat-resistant bowl till frothy.
4. Pour the hot milk/sugar syrup onto the egg yolks in a thin stream while mixing.
5. Rinse bowl with cold water to reduce temperature and place back into machine, add syrup/egg mix and place on speed 4, no heating, 20 minutes.
6. Remove clear cup from lid.
7. Keep machine going until the mixture is frothy and room temperature.
8. Fold this "liaison" through the whipped cream to create a uniform mixture. You may need to use a whisk.
9. Pour into a container and freeze.

Sticky Date Rice Pudding (Customer Recipe Contribution)

10 Pitted dates
130g of Arborio rice
1 litre of milk

1. Put the dates in the Bowl and blend for 5-10 seconds at speed 10.
2. Put the Mixing Tool in the Bowl and add the rice and milk.
3. Take the Measuring Cup out and place the Steam Accessory on the Lid.
4. Cook for 15 minutes on speed 1 at Reverse mode at 100°C. (If you like it baked place in a dish and finish in the oven.)
5. Scrape down the sides and cook for 15 minutes on speed 1 at Reverse mode at 90°C.
6. Check the rice is cooked then just 5 more minutes on speed 1 at Reverse mode to thicken and cool slightly.

Cream Cheese Icing

(Customer Recipe Contribution)

250g packet cream cheese, at room temperature
100g butter, at room temperature
195g (1 & 1/4 cups) pure icing sugar, sifted
1 teaspoon vanilla extract

1. Preheat oven to 180°C. Line eighteen 80ml (1/3-cup) capacity muffin pans with paper cases. Sift the flour, cocoa powder, bicarbonate of soda and baking powder into a large bowl. Stir in the sugar.
2. Place the buttermilk, oil, eggs, food colouring and vinegar in the Bowl and mix on Speed - 5 Time - 30 seconds.
3. Add the flour mixture to the Bowl and mix on Speed – 5, Time 30 seconds.
4. Scrape down bowl and mix again Speed – 5, Time 30 seconds.
5. Divide the mixture among the prepared pans. Bake for 20-25 minutes or until a skewer inserted into the centres comes out clean. Transfer the cupcakes to a wire rack to cool completely.
6. To make the cream cheese frosting, place the cream cheese, butter, icing sugar and vanilla in the Bowl with the Mixing Tool in place. (Make sure your cream cheese and butter are at room temperature).
7. Mix on Speed 8, Time 20 seconds
8. Scrape down bowl and mix again on Speed 8, Time 20 seconds.
9. Pipe the icing over the cupcakes and top with the sprinkles.

Lemon Curd

(Customer Recipe Contribution)

Zest and juice from 3 lemons
180g sugar
225g cubed butter
4 whole eggs
2 yolks

1. Place all ingredients into the Bowl with Mixing Tool. Speed 1 at Reverse mode, temperature 70°C, 20 minutes. Check at the end of this time.
2. Ideally, you're looking for "nape" consistency. When the curd coats the back of a wooden spoon, it should be ready to strain through a fine sieve.
3. Allow to cool slightly, uncovered, before placing in the fridge. You could potentially cover with a cartouche during the cooling process, but a batch this size should not require one.

Flourless (dairy free) Citrus & Almond Cake

(Customer Recipe Contribution)

This cake can be baked as a cake (or muffins) in a traditional oven or can be cooked in silicone muffin cases in the Steaming basket.

Please note that the cake is very 'citrusy' (quite tart) and while adults usually find it addictive, to please the kids you may need to increase the amount of sugar in the batter and/or dust with icing sugar once baked and cooled.

3 medium oranges (or 4 large lemons)
 2 cups of whole almonds
 1 & 1/4 cups sugar (can increase to 1 & 1/2 cups if you have a "very sweet tooth")
 3 eggs
 1 teaspoon of vanilla extract
 1 teaspoon baking powder (optional)

Optional:

1/3 cup of poppy seeds (add to mixture same time the eggs are added)
 1 heaped tablespoon of icing sugar (to dust over baked cake)

1. Pour 1.7Litre of water into the Bowl (water level should be half way between the 1.5 Litre and 2 Litre marks on the side of the Bowl).
2. Place whole washed (unpeeled) fruit in the cooking basket and insert into the bowl (ensuring each orange is approx 80% submerged).
3. Place the Lid on with the Measuring Cup IN - Cook for 35 minutes, at 100°C, Speed 3.
4. If you will be baking the cake in the traditional oven, half way through this cooking process you need to turn the oven on to preheat it to 180°C (or 170°C if fan forced).
5. Use the Spatula to take the Cooking Basket out (as it is VERY hot) and leave it in the sink or on a plate for any remaining water to completely drain off the fruit, empty the bowl and leave for 2-3 minutes to 'dry off' and cool (it will dry on its own in that time as it is very hot and water will evaporate quickly)
6. Place almonds into the Bowl and mill them to a very fine consistency (speed 8 for 8 seconds.)
7. Scrape sides down and add the whole oranges into the Bowl.
8. Puree the content (speed 6 for 10 seconds.)
9. Scrape down sides of the Bowl and puree again (speed 7 for 5 seconds).
10. Scrape down sides of the Bowl and add vanilla extract, sugar, 3 eggs and baking powder and mix well (speed 5 for 12 seconds).
11. Pour into a greased baking dish (if using a round tin it should be approx 22cm in diameter) and bake for an hour or if you wanted to, you could bake as muffins (mixture is sufficient for 12 large muffins) and you would bake them at same temperature for approx 25 minutes.

12. You will know that the cake is baked when it 'pulls away' from the sides of the dish (and can also test it further by gently piercing with a knife or a toothpick in the centre of it - if it comes out dry it is cooked).
13. Once baked take out of the oven and leave to cool in the baking dish (do not try to cut or remove it until completely cool as it is a very 'wet' and dense cake and not allowing it to cool will result in it falling apart). When cool dust lightly with icing sugar.

NOTE:

We have also cooked the muffins in the steaming basket with a great result and if you wanted to do the same you would need to use greased silicone muffin cases and follow steps outlined below:

1. Lightly grease the silicone muffin cases, place 4 in the bottom and 6 in the top Steam Accessory (that is about all that will fit in the Steam Accessory) and fill with batter.
2. Lightly grease the edges of the clear lid (as muffins may stick to it when they rise and assemble the Steam Accessory and cover with the clear lid.
3. Rinse the Bowl lightly (as there will be some cake batter still stuck to it) - no need to wash completely as you will only be filling it with water again for steaming (which will 'loosen' all/any the 'stubborn' batter) and can wash up afterwards.
4. Pour 1.5 Litre of water into the Bowl and place the Steaming Accessory on top
5. Cook for 38 minutes on speed 3, maximum temperature setting (100°C = ST).
6. As soon as they are cooked remove the muffins from the Steam Accessory and also remove from the silicone moulds soon after (ie tip them out onto a plate). You must remove them from the moulds while still quite hot as allowing them to stay in the silicone cases until they cool completely will result in them 'over-steaming' and being quite 'mushy' on the bottom.
7. As there is enough batter for 12 muffins and only 10 will fit into the Steam Accessory we have baked the remaining mixture in the microwave in a microwave safe soup bowl and on temperature setting of 80% (medium high) for 5 minutes and on High for another 1 minutes.

Frangelico Tiramisu Cake

(Customer Recipe Contribution)

500g mascarpone cheese

80g sugar

4 eggs - separated (best at room temp)

Pinch of salt

1 cup good quality espresso coffee (sweetened with 2 tbsp sugar)

2 tablespoons Frangelico

1 teaspoon vanilla bean paste

1 packet Savoiardi biscuits

Cocoa powder

1. Using Mixing Tool, whisk egg whites & pinch of salt to form stiff peaks at 37°C at speed 3, for approx. 5-6 minutes.
2. Set egg whites aside in separate bowl & clean out the Bowl.
3. Using Mixing Tool again, beat egg yolks with sugar at speed 3 for 3 minutes.
4. Add mascarpone cheese and vanilla bean paste mix speed 3 for another 3 minutes.
5. Tip cheese mix into a fresh bowl & gently combine in the egg whites.
6. Combine coffee with Frangelico, dip half the biscuits in one by one & place in flat rectangular dish.
7. Spoon over half the cheese mixture.
8. Sift cocoa powder on top.
9. Repeat with remaining biscuits and cheese mix, more cocoa powder on top.
10. Cover & refrigerate for at least 6 hours (if you can wait that long!) for flavours to develop fully.



Velvety Egg free Semolina Custard

(Customer Recipe Contribution)

1 litre milk
 1 cup semolina flour
 1/2 teaspoon vanilla extract
 1/4 cup of sugar

Optional:

You can choose 1 of these or a combination of 2 of your favourites

1/4 cup desiccated coconut
 Grated zest of 1 large lemon (for stronger 'lemony' flavour leave out vanilla extract altogether)
 1/2 cup dried fruit
 1/4 cup melting chocolate 'buttons' (finely broken up chocolate)
 1/2 cup lightly chopped favourite berries (fresh or thawed)
 1 cup well drained tinned fruit (chopped into small pieces of mashed)
 1/4 cup favourite jam

1. Place the Blade into the Bowl.
2. Wet the Blades, bottom and sides of the Bowl by pouring some tap water into it, swirl and then empty it (this will help prevent custard from 'sticking' to the bottom of the bowl as it cooks)
3. Pour the milk into the Bowl and cook for 2 and a half minutes at 90°C, speed 2 with the Measuring Cup inserted into the Lid.
4. Take the Measuring Cup OFF and set the mixture to cook for another 8 minutes on 90°C at speed 2 at Reverse mode and as soon as it starts cooking again pour in through the hole in the lid the semolina, sugar and vanilla extract and insert the Measuring Cup back into the Lid.
5. If you will be adding other/optional ingredients please refer the Notes at the bottom of this post .
6. When cooked pour into serving bowls and for thicker consistency allow to cool to room temperature (even though it can be eaten hot). This dessert can also be refrigerated and will easily keep for a few days in the fridge.
7. Please note that during cooking it is a good idea to lift the Measuring cup out of the lid at least once (after approx 3 minutes) just very briefly to allow some of the excess steam to evaporate thus reduce the potential for milk boiling over. Once the mixture starts to thicken there is no chance of it boiling over thus lifting out measuring cup is only recommended once 2-3 minutes after semolina was added.

Please Note If you use optional ingredients / flavours

If you are using:
 Desiccated Coconut,
 Lemon Zest or Dried Fruit

1. You should add it to the Bowl mid cooking – with 4 minutes left on the clock, and add it through the opening on the lid – do not stop the cooking cycle
2. If you are using melting chocolate, you should add it to the Bowl in the last 2 minutes of cooking and add it through the opening on the lid – do not stop the cooking cycle.

If you are using:

Chopped berries, or tinned fruit, or jam

1. You should add it to the Bowl in the last minute of cooking and add it through the opening on the lid – do not stop the cooking cycle.
2. As the addition of fruit can sometimes drop the temperature of the mixture if the end result appears 'runny' you can add another 2 minutes to the cooking cycle at same settings as previously (90°C, speed 2).

Peanut Butter Ice Cream (Customer Recipe Contribution)

180g peanut butter
180g sugar
330ml cream
330ml milk
1/8 teaspoon vanilla extract
Pinch of Salt

1. Add all ingredients to the Bowl and whizz until smooth (Doesn't take too long).
2. Pour into container and freeze.
3. When semi frozen, whizz again and freeze again.

Low Fat Vanilla Custard (Customer Recipe Contribution)

2 egg yolks
75 - 100g sugar (depending how sweet you like it)
500g milk (we use skim but I am sure full cream will work)
80g corn flour (ie corn starch). While I'm sure any flour will be good I always use corn flour to thicken stews so.
1 teaspoon of vanilla extract for flavouring

1. Mill sugar for 30-40 seconds at speed 7 (to get custard sugar).
2. Add Mixing Tool and then add flour, eggs, milk and vanilla extract.
3. Cook for 10-11 minutes, temperature 90°C at speed 3 at Reverse mode.

Please Note:

If you notice a small amount of corn flour (ie a very thick custard - maybe a tablespoon or so) settle on the bottom of the jug (around the blade) you can stir it briefly with a wooden spoon just before emptying the bowl (just to re-incorporate it into the custard).

Coconut Biscuits (approximately 24 - 36) (Customer Recipe Contribution)

125g coconut oil (or butter)
1 cup brown sugar
1/2 cup coconut
1/2 cup self raising flour
1/2 cup plain flour
1 tablespoon coconut essence
1 egg

1. Throw everything in the Bowl. Keep on lid & process 6 seconds, speed 4. Scrape down sides and process 2 seconds, speed 6.
2. Roll into 3/4" balls, place on greased trays & flatten slightly (leave room for spreading) and bake at 180°C for 15 minutes.
3. Cool for a few minutes on tray to crisp up. These keep for up to a week. Change the coconut to any flavour if you wish.

Chocolate Buttermilk Muffins (Customer Recipe Contribution)

175g Butter
4 eggs
330g white sugar
225g Self Raising Flour
1/2 teaspoon vanilla essence
1/2 teaspoon ground cinnamon
200g buttermilk
50g cocoa powder

1. Beat butter and sugar on speed 6 for around 1 minute until pale and creamy.
2. Add eggs one at a time with a quarter of the flour for each egg, mix on speed 6 for 20 seconds for each egg, stop and scrape down inside of the Bowl with spatula.
3. Beat in buttermilk, vanilla and cinnamon on speed 5 for 1 minute.
4. Add cocoa and mix speed 5 for 30 seconds.
5. Pour into greased muffin trays and cook for 25 minutes at 180°C.

Fruit Pie with 'mock' Pastry

(Customer Recipe Contribution)

This easy and quick prep dessert is also commonly known as a 'lazy pie' as it involves no traditional dough as such. Instead a batter like mixture is made in 30sec flat which, once the pie is baked will resemble a traditional pie dough ? You can also use any store bought pie filling; crushed up drained canned fruit or make your own (4 filling suggestions and recipes also provided below the pie recipe) and the whole pie can be made and baked in the time it would otherwise take you to bake a shop bough frozen kind – but this one will have no 'nasties' in it ?

Pie 'Crust'Ingredients

1 cup sugar
 2 cups plain flour
 1 heaped tsp baking powder
 3 eggs
 1/2 cup oil
 1 & 1/2 cup buttermilk

Optional Ingredient

2-3 tablespoons of semolina (only if pie filling very runny – or you can strain the filling instead)

Cooking Method

1. Preheat oven to 200°C
2. Place blade in the Bowl and add sugar, flour and baking powder and mix (speed 6 for 6 seconds)
3. Add all eggs, buttermilk and oil and mix on speed 6 for 10 seconds
 Scrape down the sides (four will stick to bowl sides) and mix further on speed 6 for 10 seconds.
4. Pour a half (or just over a half) of the mixture into a greased baking dish which has been well dusted / coated on both the bottom and the sides with flour.
5. Place into the middle rack of preheated oven and bake 15 minutes for the dough to firm up a tiny bit (depending on the oven strength it may take few minutes less or more but you want the 'dough' which does not feels 'runny' when you touch the surface – also no visible 'movement' in the batter when you move the baking dish)
6. Take the dish out of the oven, gently spoon the pie filling over the whole surface and pour the rest of the batter over the filling covering the whole surface.

Note: Before you spoon over the filling if you find the filling to be very runny you can either strain it more or simply dust the pie surface lightly with semolina flour, spoon the filling over and then dust with semolina again before pouring over the rest of the batter over the filling covering the whole surface.

7. Bake for further 40 minutes and serve (or you can allow it cool, dish with icing sugar before serving).

Note: Baking dish should have a firm/solid bottom (silicone dishes will not work) and the dish surface / size should be 3-4 times bigger than the bottom surface of the Bowl. I have used a dish as small as 20 x 25cm BUT it was 7cm deep and resulted in a very deep/thick pie.

Also, a regular roasting dish tends to work great .

Pie Filling Suggestions

Chop and blend below listed ingredients in the Bowl for 20 seconds on speed 7 for firm fruits or speed 4 for Cherries, then Cook for 10 minutes, 100°C, at speed 1 at Reverse mode.

Apple pie:

1kg cored and quartered apples + 2 tablespoons oil + sugar to taste

Apple and Berry pie:

700g apples + 300g favourite berries (fresh or defrosted) + 2 tablespoons oil + sugar to taste

Cherry pie :

2 jars pitted Morello cherries (drained) + 2 tablespoons oil + sugar to taste

Milling/Grinding

Buckwheat 100g

1. Select speed 10 for 10 seconds - then speed 10 for 12 seconds - gives you well ground buckwheat suitable for bread or pancakes.

Barley 100g

1. Select speed 10 for 20 seconds - repeat twice more - gives well ground barley suitable for bread.

White rice (long grain or short grain or Arborio) 100g

1. Select speed 10 for 15 seconds – this produces grainy rice - if you want finer - repeat the process.

Limeade

Serves 1

1 lime (or lemon) - cut off the stem end, cut in half, take the pith and seeds from the center
1 tablespoon sugar (if you like a more sour mix, so add less sugar)

1. Insert Blade into Bowl – Speed 6 for 10 seconds.
2. Add cold water – Speed 6 for 10 seconds.
3. Strain into glass – add some chopped MINT.

Delicious, refreshing drink on a hot summers day !



Banana Smoothie

Serves 1

1 banana
1 cup cold milk
1 teaspoon runny honey
1/4 teaspoon cinnamon
2 or 3 small ice cubes

1. Insert Blade into Bowl, roughly chop in banana – mix Speed 5 for 6 seconds.
2. Add milk - Speed 10 for 10 seconds.
3. Drizzle honey through open Measuring Cup during step 2.

Tip: Freeze ripe fruit when plentiful, peel and wrap individually.



Sweet Corn Fritters

Serves 2

- 1 med onion – cut into rough chunks
- 1 garlic clove
- 1 tablespoon vegetable oil (eg: rice bran)
- 1 medium to large cob of corn – or 1 cup frozen or canned (fresh is better)
- 5 tablespoons rice flour
- 1 teaspoon baking powder
- 1 tablespoon chopped parsley
- 1 tablespoon natural yoghurt
- 1 tablespoon milk
- 1 egg
- Pepper and salt

1. Insert Blade into Bowl, place onion and garlic into Bowl – Speed 5, 5 seconds, scrape down, add oil.
2. Add sweet corn, cook speed 1 at Reverse mode, 100°C for 1 minute.
3. Sprinkle rice flour and baking powder over, Speed 1 at Reverse mode for 7 seconds.
4. Add chopped parsley and lightly beaten egg, natural yoghurt and milk. Pour into Bowl, mix on Speed 2 at Reverse mode for 10 seconds.
5. Add a little oil to frying pan or skillet, heat to medium, cook in small portions for 4 – 5 minutes each side.

Serve with sweet chilli sauce or homemade salsa.



Corn and Bacon Muffins (Customer Recipe Contribution)

6 pieces of bacon
 1 cup fanned sweet corn or fresh which has been cooked until tender
 Small red onion
 175g/6oz fine cornmeal
 125g/4oz gluten-free flour
 2 teaspoons gluten free baking powder
 2oz tasty cheese
 A good splash of veg oil
 200mls/7oz milk
 2 eggs

1. Chop bacon and onion and place in the bowl with teaspoon of oil. Cook at speed 1, with heat at 100°C for 2 minutes. Add all other ingredients and mix together at speed 1 until all is combined (approx. 20 seconds).
2. Bake in preheated oven at 220°C Celsius for 15-20 minutes or until golden.

Gluten Free Healthy Bread (Customer Recipe Contribution)

This recipe comes after many failures and countless hours researching. I wanted Gluten free bread that was not just white fluff!! This really tastes wonderful, has a lovely crust and can even make a sandwich with it.

Wet Ingredients:

500ml Water
 2 tablespoon Olive Oil
 2 teaspoons Apple Cider Vinegar
 2 tablespoons Yogurt
 2 tablespoons Chai Seed Jelly (optional) – Add 2 tablespoons more of water if you leave them out

Dry Ingredients:

1 cup white rice flour
 1 cup potato flour
 2 tablespoons lupin flour
 1/2 cup corn flour
 1/3 tapioca flour
 1/4 cup quinoa seeds (grind fine in grinder)
 1/4 cup ground flaxseed (grind fine in grinder)
 1/4 cup Physillium (grind fine in grinder)
 1 & 1/2 tablespoons salt
 1 tablespoon guar gum
 1 tablespoon caraway
 1 & 1/2 teaspoons yeast
 1 tablespoon sugar

1. Put Quinoa seeds, flaxseeds & Physillium in the Bowl with Blade.
2. Set at speed 10 for 1 minute.
3. Scrape down side & lid using a pastry brush
4. Repeat speed 10 for 1 minute
5. Empty into your bread tin (saves messing up another bowl)
6. Change your blade to the mixing blade and put ingredients back in the bowl, add all your other dry ingredients. Place lid on and set machine to speed 6 for 10 seconds.
7. Add the wet ingredients to a measuring Bowl. The water should be 1/3 boiling and 2/3 cold.
8. Now add this to your dry ingredients, set the machine on speed 6 for 50 seconds - it should be mixed nicely by now.
9. You can then put in your Bread Machine. If your machine does not have a manual setting try your Basic or Gluten free setting. This can be baked in the oven. Follow usual oven bread techniques.

If you would like to have your recipe included online or in the next edition of the recipe booklet contact : bellini@gmsales.com.au

Note: When using the appliance in conjunction with heating function please be aware that recipes containing ingredients with high sugar or dairy contents may leave a thin film of caramelised deposit (Brown staining) on the bottom of the bowl during the cooking process. This can easily be removed after the use of the appliance by adding equal amounts (approx. 300ml) of white vinegar & water , heating bowl and allowing it to steam for a few minutes , turn the appliance Off and allow mixture to sit overnight , dispose of mixture in the morning and immediately rub with a fine scouring pad and rinse bowl afterwards.

When crushing ice cubes or grinding hard food, select the Pulse button in short bursts until the desired result is achieved.

**Stay tuned to
www.facebook.com/groups/103848059769897/
for regular recipe updates**

Notes

Notes

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Cat. No. BTMKM980X
February 2016